



# Ladies Day

Every Wednesday at Karumah  
from 10am to 12pm at 2a Lawson  
Street Hamilton, phone Catherine  
on 0490 094 268

“Are you HIV + ; female and feeling isolated? Karumah is opening its doors to positive women (children welcome) each Wednesday starting 9/4/2014 at 10am – 12midday.

Come along for a cuppa and a chat and participate in the planning around this group. Whether you would you like to hear from guest speakers or just prefer to be comfortable in a safe place where you can make social connections and meet other women in a similar position we would love to see you”